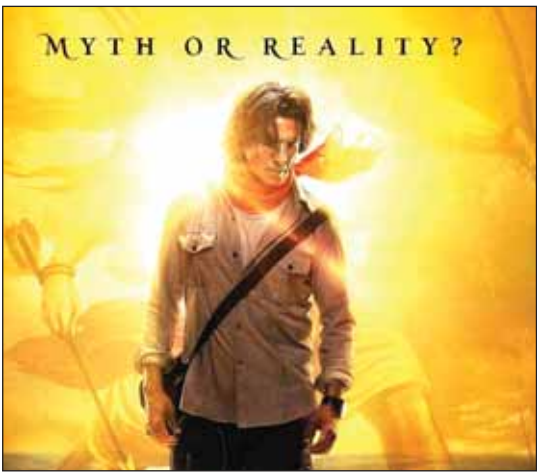


As ‘Permanent Roommates’ gets a Telugu remake, TVF brings another first in Indian online content era!



It was almost a decade back when a middle-class outsider from Bihar, Arunabh Kumar after struggling for five years in Mumbai to make a film and ending up jobless, founded 'The Viral Fever' popularly known as 'TVF'. The goal of launching TVF was to reach out to the younger generation with relatable stories which no one was making. Launched in 2011, as a Production House, TVF was literally the first online creator to do original content on web. They initially made quality spoof and parody videos like 'Rowdies' and 'Barely Speaking with Arnub'. TVF started the era of web series in India with their 2014 release 'Permanent Roommates'. This rom-com series provided the Indian audience with youth-centric progressive and relatable content about a live-in couple, where the girl doesn't want to settle down. Sharing about the same, Arunabh Kumar, Founder of TVF who is currently full-time CEO of his comic book venture Indusverse, says, "TVF was born with a vision of providing some smart content to the Indian youth which barely had any content to consume on screens like TV. I have always loved building a great team with a common goal and was able to do so who believed in my vision. I was able to convince our brand partners to do a five-episode series rather than standalone videos which were the trend on YouTube till 2014." TVF is now all set to pioneer another trend in the Indian online content era and spread their legacy into the Southern entertainment industry with the Telugu remake of their best-known series 'The Permanent Roommates' as 'Commit Mental'. On this, Arunabh further adds, "TVF revolutionized the online content in the Indian market and earlier we only targeted the youth but eventually even the elders started loving TVF stories with properties like 'Tech Conversations with my Dad' with Gajraj Rao and Jeetu. And it is because of this progression that we have become the first platform in India to have one of their shows being remade in other regional markets."

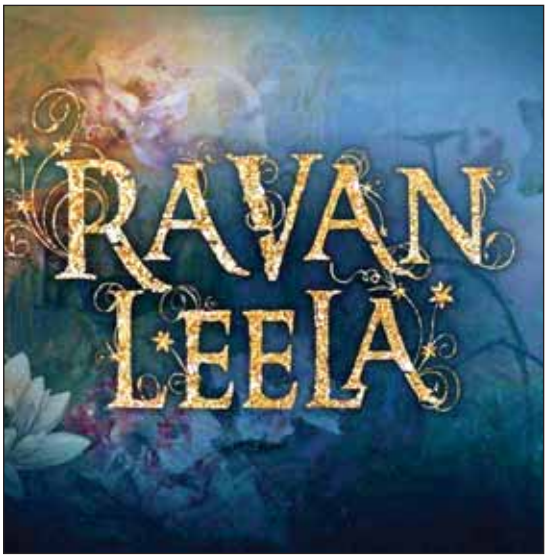
Akshay Kumar announces new film 'Ram Setu' on Diwali!



Last year, Akshay Kumar entertained the audience with the fourth installment of 'Housefull' franchise, and this year, on the occasion of Deepawali, the 'Khiladi of Bollywood' has announced his

next brand new film, titled, 'Ram Setu' with Abhishek Sharma. Akshay took to his Twitter handle and shared the first look of the film. The very impressive poster of the film gives an insight into the film's story that revolves around the very famous Ram Setu, which has been a topic of debate for ages now. In the poster, Akshay Kumar can be seen as an archaeologist, who is set out to explore whether the bridge is a myth or a reality. He is wearing a saffron color stole around his neck, with lord Rama standing behind him with the backdrop of the Indian Ocean. "This Deepawali, let us endeavor to keep alive the ideals of Ram in the consciousness of all Bharatiyas by building a bridge(setu) that will connect generations to come. Taking this mammoth task ahead, here is our humble attempt - #RamSetu Wishing you & yours a very Happy Deepawali!," wrote Akshay on his social media handle. Ram Setu has been a very crucial topic of debate since the bridge was discovered and it also holds a special place in Hindu texts. Now with this film, it seems the audience will get to see Ram Setu debate on big screens.

Pratik Gandhi's next 'Ravan Leela' directed by Hardik Gajjar, a Pen Studios production!



Pen Studios is known for producing relatable high-concept films such as Kahaani, Helicopter Eela, Namaste England and The Accidental Prime Minister. Touted to be a strong content driven entertainer the makers have announced their next 'Ravan Leela' starring Pratik Gandhi in the lead role, who is also known for this remarkable performance in Scam 1992 - The Harshad Mehta Story. Ravan Leela is helmed by Hardik Gajjar films and written by Shreyes Anil Lowlekar. Known for producing meaningful cinema, Dr. Jayantilal Gada shares, "The film has a very unusual take and it has turned out extremely well. It's a strong content driven film with melodious music and very good performances, which has always been the focus of Pen Studios. We are extremely excited with the outcome." Director Hardik Gajjar says, "I believe there are many ways of storytelling, I have tried something new and I hope audiences like it". Presented by Dr. Jayantilal Gada (Pen), produced by Hardik Gajjar films in association with Backbencher Pictures, Directed by Hardik Gajjar, the film is set to release soon in 2020.

Recipes

Phirni



Ingredients
1 cup soaked basmati rice
1/2 gm khoya, 1/4 cup cashews
1/2 cup powdered sugar
1/4 cup raisins, 1 litre milk
1/4 cup almonds
1/4 cup pistachios
1 teaspoon green cardamom

Method:
This traditional delicacy needs no introduction. It is a simple yet delectable recipe, which can be prepared with some easily available ingredients in your kitchen. Here's how you go about preparing this easy Phirni recipe. To begin with soak the rice for two hours. Then, wash the rice and drain the excess water. Then make a rough, grainy paste by running the ingredients in a grinder. In the meantime, finely chop the almonds, pistachios and cashews and keep aside. Then take a saucepan, add milk and heat it on medium flame. Bring the milk to a boil. Then, add rice and allow it to cook on low flame, till the milk is reduced to half and the rice is completely cooked. Grate the khoya and add it to the rice and milk. Once it is completely dissolved, add sugar and cook for another 5-7 minutes. Keep stirring continuously or your phirni will stick to the bottom. Add the finely chopped nuts and the raisins. Reserve a little for garnishing. Once the phirni acquires a pinkish hue, add the cardamom powder and remove from fire. Mix well and pour in earthen cups. Garnish with nuts and allow the Phirni to cool before serving.

Essential lifestyle choices that will help you lose weight faster



Losing weight can be extremely tricky. While some health professionals stress on difficult diets, others emphasise on the importance of heavy workouts and vigorous training. But besides following these rules of weight loss, one must also learn to strike a balance between the two and other things. To do so, you must make healthy choices of living that will not only help you lose the right amount of weight, but will also ensure the well being of your overall health. That being said, here are 6 effective lifestyle choices you must make to lose weight the healthier way. **Eat healthy and maintain a weekly diet plan** Eating a healthy meal is key to losing weight. Besides keeping you satiated, it also takes away the urge to binge eat, which is one of the prominent reasons for weight gain. Apart from that, maintaining a weekly diet plan helps you decide your meals in advance, so as to help you avoid unnecessary binge eating.

Workout regularly Adding regular workout routines and exercises to your day to day plan can help you burn a lot of calories. It not only helps you lose weight and maintain a fit body but also gives you the freedom to eat and not starve yourself in the name of diet. **Say no to junk food and indulge in home cooking** Many people, especially the younger generation, work hard towards achieving a toned and a healthy body. However, when it comes to binge eating, they just can't say no to all the junk food that's available around them. Therefore, if you're looking to lose weight, make some changes to your eating habits. Instead of eating outdoors, focus on home cooking. **Never skip meals** Skipping meals and starving yourself may seem like a good option to lose weight. However, that's a false myth you must break away from. Skipping meals only makes you more hungry and increases your craving. This eventually leads you to gorge up more food than usual, which means you end up overeating. Therefore, you must never skip meals, instead control your portion sizes. **Stay hydrated at all times** Water is key to losing an efficient amount of weight. While it ensures the overall well being of your health, it also keeps you satiated for a longer period of time. Drinking water before meals can be extremely effective as it reduces your cravings and makes you lower your calorie intake. **Keep your stress at bay with yoga and meditation** One of the major reasons why you can gain weight is due to stress and anxiety, which in turn causes sleep deprivation. High levels of the stress hormone called cortisol has the tendency to increase your appetite and may lead you to overeating, especially foods that are high in calories. It is something that not only affects your day to day productivity but also makes you add on some weights.

Avoid giving these 5 foods to kids during winter



Kids are more prone to illnesses like sore throat, common cold, flu, pneumonia, stomach flu, acute ear infection, skin problems and asthma during the winter season. And the season of festivities can turn sour if your kids fall sick at this time. Thus, it's important to feed your kids the right food, keep them hydrated and well-rested to prevent them from falling sick. Here is a list of 5 foods that you should not feed your kids to protect them from illnesses. **Salty and oily foods** The fat and oil from animal products like butter and omega 6 fatty acid can cause the thickening of the mucus and saliva. Thus, it's better to avoid oily foods during the winter season. Use vegetable oil instead of animal oil to cook your food in this season. **Candies** Be it winter or summer, simple sugar is bad for your kids. Too much sugar in the body can decrease the white blood cells, which protect us from infections and diseases. Thus, consumption of too much sugar can expose your kids to



viral and bacterial infections. Stop giving your kids soda, cold drinks, candies, chocolates, highly refined breakfast cereals and processed food during winter. **Mayonnaise** Mayonnaise is rich in histamine, a chemical that helps the body fight allergies. But eating histamine rice foods during the winter season can induce the production of mucus, which can cause throat problems. Histamine is found in tomatoes, eggplant, mayonnaise, mushrooms, buttermilk, pickles, fermented foods and artificial preservatives. **Dairy products** All animal proteins cause thickening of saliva and mucus, which make swallowing difficult for kids. Avoid serving cheese, cream and cream-based soups and dips to your kids, especially when they have congestion. **Meat** Meat is densely rich in protein that promotes the production of mucus, which can cause throat irritation. Processed meats and egg are the worst. Go for fish and organic meat if you want to feed meat to your kids.

General Knowledge Question

1. Which organ of the human body produces a fluid known as bile?

- A. Pancreas
- B. Gall Bladder
- C. Kidney
- D. Liver

2. Which of the following is not a function of liver?

- A. Regulation of Blood Sugar
- B. Storage of Blood
- C. Filtering the blood
- D. Reproduction

3. Heart is made up of:

- A. Non-Striated muscle
- B. Cardiac muscle
- C. Adipose Tissue
- D. Striated Muscle

4. Where does the digestion of protein starts in our body?

- A. Mouth
- B. Stomach
- C. Duodenum
- D. Intestine

5. Name an acid which is secreted in the stomach?

- A. Sulphuric Acid
- B. Hydrochloric Acid

- C. Carbonic Acid
- D. Nitric Acid

6. Nerves from the eyes and ears are connected to the

- A. Cerebrum
- B. Cerebellum
- C. Medulla Oblongata
- D. Spinal Cord

7. Define Blood Pressure:

- A. It is the pressure that blood clot exerts over brain.
- B. It is the pressure that blood receives on account of faulty commands from the brain.
- C. It is the pressure that fatness or old age exerts on the body's circulatory system.
- D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.

8. Name a blood vessel which carries deoxygenated blood?

- A. Aorta
- B. Pulmonary Artery
- C. Hepatic Artery
- D. Pulmonary Vein

9. Name a hormone which controls the blood pressure in the human body?

- A. Oxytocin

- B. Estrogen
- C. Testosterone
- D. Vasopressin

10. Name the membranes which are invested by the brain and spinal cord?

- A. Arachnoid
- B. Pleural Membrane
- C. Meninges
- D. None of the above

11. Which Polymer is used in making non-stick kitchen ware?

- A. Nylon
- B. Teflon
- C. Polystyrene
- D. Bakelite

12. Name the polymer used in making bullet proof glass?

- A. Melamine
- B. Bakelite
- C. Lexan
- D. Vinyl rubber

13. For pipe insulation which polymer is used?

- A. PVC
- B. Polythene
- C. Teflon
- D. None of the above

ASTRO SPEAK



ARIES
Get involved today. Don't shy away from putting yourself in the spotlight or ruffling a few feathers. If you see someone getting undeserved abuse, defend them! Don't just turn a blind eye and tell yourself that it's none of your business. You can't be a volunteer police officer and dive into dangerous situations, but there are going to be a couple of situations where someone needs to be put in their place.



TAURUS
It's sad but true: romance requires hard work from time to time. And there is quite a bit of work required in your romantic life right now. If you're in a relationship, you'll need to give your partner a little bit more than you have been giving. Compromise will bring the two of you closer. And if you're not in a relationship, it's time to work a little bit harder at making that connection with that person you've been talking to a lot lately.



GEMINI
You have some juicy information to share and you shouldn't be afraid to share it! You can have a fun day full of laughter and silly conversations. This is a great day to hang out with friends if you can make it happen. There have been some new developments in their lives, and you should find out what's new with them. Be sure to update them on all your news.



CANCER
Today is a good day for you to separate the good people in your life from the bad people in your life. You have the time you need, and recent events have given you the information you need to make that distinction. Friendships aren't always meant to last for your entire life. The role you play in their life and the role they play in yours must be a positive one. When it stops being so, then the nature of the role must change or the role must be recast.



LEO
You might have to sacrifice some of your privacy today, but it will be for a very good cause. Your presence is in high demand, and you need to step up and do a little networking. If you're feeling more introverted than usual, this could be a little bit challenging. But if you're feeling outgoing right now, this can be a day for you to truly shine! It's time to get those names and numbers that can make your life more rewarding.



VIRGO
You might have a lot of false starts today. Your concentration isn't as good as usual. After a few minutes of working on something, you could become distracted and start working on something else. In order to avoid wasting your energy, do yourself a favor and get organized! Plan out your day loosely. You don't have to schedule it down to the minute.



LIBRA
Listen to that nagging voice in your head today because it's not so much nagging you as it is giving you important warnings. So it's in your best interest to listen to your intuition whenever it has something to say. After all, has it ever steered you wrong? Even if it doesn't seem logical, it's telling you what the right thing to do is. Turn off your critical thinking and tune into your subconscious. Try deep breathing relaxation techniques to loosen up if you must.



SCORPIO
There is some serious acting going on around you right now. There are one or two people who look bright and cheerful on the outside but hide some deep, dark secrets inside. In fact, the happier someone appears, the more negative they may be today. So be careful of the people who have the widest smiles because they're the people who have the most negative agendas. Be cautious about getting involved with anyone new.



SAGITTARIUS
You don't always have to cover all the details about something before you decide to get involved. It's nice to have a little mystery to solve, and you are in a very inquisitive frame of mind right now. There's nothing you will enjoy more than a puzzle right now. Let someone else waste all their time figuring out all the ins and outs of things. You have too much life to live! This type of enthusiasm for life draws people to you and creates strong new connections.



CAPRICORN
You have all the energy you need to get stuff done today, so don't worry about pooping out. You can get a lot achieved if you organize your time and delegate little tasks to other people. There are people who are ready and eager to help you accomplish a few things today, so why not let them? You are more admired than you realize, and you could serve as an important mentor in someone's life.



AQUARIUS
Everything must happen in its own time right now. You can't rush things even if you think it's for the best. Everyone has a different agenda, and you have to respect the fact that they aren't on the same time schedule as you. This rule applies to social engagements, but even more so to career-related projects. Even if you're the boss, you simply can't push people to deliver before they can. Learning to have patience will help you learn how to have accurate expectations.



PISCES
Dip a toe into a potential new experience just to get a feel for what you may be in for. Jumping right into the deep end is not advised! Do your due diligence first. Ask people who have done this before what they think. Their experience could never be exactly the same as yours, should you decide to do this. And they may have a vested interest in discouraging you. An evaluation could take a few days.

